



# Reference Group

## Data Report

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## Spring 2019

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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AMERICAN COLLEGE HEALTH ASSOCIATION

### Demographics of Participating Institutions

Four postsecondary institutions self-selected to participate in the Spring 2019 ACHA National Faculty & Staff Health Assessment and 2,218 surveys were completed by faculty and staff on these campuses. For the purpose of forming the Reference Group, only institutions located in the United States that surveyed all faculty and staff or used a random sampling technique are included in the analysis, yielding a final data set consisting of 2,218 faculty and staff at 4 schools. Demographic characteristics of the 4 campuses follow. *The mean response proportion was 31%, and the median response proportion was 30%.*

<b>Demographical Characteristics of the 4 US Postsecondary Institutions Included in the Spring 2019 ACHA-NFSHA Reference Group</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
Type of Institution	
Public	3
Private	1
2-year	0
4-year or above	4
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	0
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	0
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	3
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	1
Campus Size	
< 2,500 students	1
2,500 – 4,999 students	0
5,000 – 9,999 students	0
10,000 – 19,999 students	1
20,000 students or more	2
Campus Setting	
Very large city (population over 500,000)	2
Large city (population 250,000-499,999)	1
Small city (population 50,000-249,999)	0
Large town (population 10,000 – 49,999)	1
Small town (population 2,500-9,999)	0
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	0
Baccalaureate Colleges	0
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	2
Doctoral Universities	2
Special Focus Institutions	0
Miscellaneous/Not Classified	0

**Demographical Characteristics of the 4 US Postsecondary Institutions Included in the Spring 2019 ACHA-NFSHA Reference Group**

<b>Campus Characteristic</b>	<b><i>n</i></b>
ACHA Membership Status	
Institutional Member	4
Nonmember	0
Religious Affiliation	
No	3
Yes	1
<u>If yes:</u>	
Catholic	0
Protestant or Other Christian	1
Postsecondary Minority Institution (US Department of Education)	
No	4
Yes	0
<u>*If yes:</u>	
Postsecondary Minority Institution	0
Historically Black College or University (HBCU)	0
High Hispanic Enrollment	0
Hispanic-serving Institution (HSI)	0
Tribal College or University	0
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	0
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	0
*institutions may hold more than one type of minority status	



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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### A note about the use of sex and gender in this report:

Survey responses are reported by sex based on the responses to questions 46, 47, and 48. For the purpose of the ACHA-NFSHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either *male* or *female*. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as *non-binary*. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as *male* or *female*. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as *non-binary*. A respondent that skips any of the three questions is designated as *unknown*. Totals displayed in this report include non-binary and unknown responses. Only 3 of the 4 categories are displayed in this report. Respondents categorized as *non-binary* are included in the *Total* column, but are not presented in a separate column. When the *Total* of any given row is higher than the sum of the *male*, *female*, and *unknown* respondents, the difference can be attributed to *non-binary* respondents that selected the response option presented in that row.

### 1. How would you describe your general overall health?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Excellent	87	13	182	12	0	0	271	12.4	
2 Very good	261	40	565	38	0	0	830	37.9	
3 Good	210	32	546	36	0	0	769	35.1	
4 Fair	84	13	187	12	0	0	278	12.7	
5 Poor	12	2	25	2	0	0	39	1.8	
6 Don't know	1	0	1	0	0	0	2	0.1	
Valid responses =	655	30	1506	69	0	0	2189	98.7	

Invalid responses include no response or multiple responses.

### 2. My college/university cares about my health and well-being.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	130	20	290	19	0	0	424	19.4	
2 Agree	342	52	827	55	0	0	1178	53.8	
3 Neutral	144	22	316	21	0	0	472	21.6	
4 Disagree	26	4	59	4	0	0	87	4.0	
5 Strongly disagree	12	2	15	1	0	0	28	1.3	
Valid responses =	654	30	1507	69	0	0	2189	98.7	

Invalid responses include no response or multiple responses.

### 3. Do you believe the health and well-being of university staff and faculty impact student success and learning?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	11	2	19	1	0	0	31	1.4	
2 Yes	616	94	1444	96	0	0	2086	95.5	
3 Don't know	26	4	41	3	0	0	68	3.1	
Valid responses =	653	30	1504	69	0	0	2185	98.5	

Invalid responses include no response or multiple responses.

### 4. How important do you feel it is to model positive health and wellness behavior to students?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	13	2	29	2	0	0	42	1.9	
2 Extremely important	215	33	616	41	0	0	841	38.4	
3 Very important	266	41	614	41	0	0	890	40.7	
4 Moderately important	121	19	206	14	0	0	331	15.1	
5 Slightly important	32	5	32	2	0	0	68	3.1	
6 Not at all important	8	1	8	1	0	0	16	0.7	
Valid responses =	655	30	1505	69	0	0	2188	98.6	

Invalid responses include no response or multiple responses.

### 5. Within the last 12 months have you received a flu vaccination (shot or mist)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	254	39	519	35	0	0	785	35.9	
2 Yes	400	61	978	65	0	0	1394	63.8	
3 Don't Know	1	0	5	0	0	0	6	0.3	
Valid responses =	655	30	1502	69	0	0	2185	98.5	

Invalid responses include no response or multiple responses.

### 6A. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when using a computer or working at a desk?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	13	2	14	1	0	0	27	1.2	
2 Never	265	41	423	28	0	0	694	31.7	
3 Rarely	171	26	363	24	0	0	541	24.7	
4 Sometimes	170	26	539	36	0	0	719	32.8	
5 Most of the Time	34	5	134	9	0	0	173	7.9	
6 Always	2	0	34	2	0	0	36	1.6	
Valid responses =	655	30	1507	69	0	0	2190	98.7	

Invalid responses include no response or multiple responses.



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### 6B. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when performing work tasks NOT at a desk or a computer?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	8	1	21	1	0	0	29	1.3	
2 Never	281	43	562	37	0	0	847	38.8	
3 Rarely	175	27	443	30	0	0	625	28.6	
4 Sometimes	165	25	405	27	0	0	583	26.7	
5 Most of the Time	19	3	59	4	0	0	82	3.8	
6 Always	6	1	13	1	0	0	19	0.9	
Valid responses =	654	30	1503	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 6C. Within the last 12 months, experience pain, discomfort, or numbness in your neck or low back when using a computer or working at a desk?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	14	2	13	1	0	0	27	1.2	
2 Never	197	30	266	18	0	0	469	21.5	
3 Rarely	182	28	320	21	0	0	508	23.2	
4 Sometimes	210	32	628	42	0	0	848	38.8	
5 Most of the Time	46	7	218	15	0	0	270	12.4	
6 Always	5	1	58	4	0	0	63	2.9	
Valid responses =	654	30	1503	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 6D. Within the last 12 months, experience pain, discomfort, or numbness in your neck or low back when performing work tasks NOT at a desk or on a computer?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	7	1	23	2	0	0	30	1.4	
2 Never	204	31	372	25	0	0	581	26.6	
3 Rarely	202	31	456	30	0	0	662	30.4	
4 Sometimes	202	31	536	36	0	0	750	34.4	
5 Most of the Time	28	4	94	6	0	0	128	5.9	
6 Always	9	1	20	1	0	0	30	1.4	
Valid responses =	652	30	1501	69	0	0	2,181	98.3	

Invalid responses include no response or multiple responses.

### 7A. How long has it been since you had the following checked? Blood pressure

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	550	84	1331	88	0	0	1908	87	
2 1 year ago less than 2 years ago	59	9	112	7	0	0	171	8	
3 2 years ago less than 3 years ago	16	2	20	1	0	0	36	2	
4 3 years ago less than 5 years ago	11	2	12	1	0	0	23	1	
5 5 or more years ago	13	2	11	1	0	0	24	1	
6 Never	3	1	6	0	0	0	9	0	
7 Don't know	3	1	13	1	0	0	17	1	
Valid responses =	655	30	1505	69	0	0	2188	98.6	

Invalid responses include no response or multiple responses.

### 7B. How long has it been since you had the following checked? Blood sugar

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	420	64	1008	67	0	0	1448	66.2	
2 1 year ago less than 2 years ago	94	14	231	15	0	0	329	15.1	
3 2 years ago less than 3 years ago	41	6	84	6	0	0	126	5.8	
4 3 years ago less than 5 years ago	16	2	28	2	0	0	44	2	
5 5 or more years ago	31	5	38	3	0	0	70	3.2	
6 Never	29	4	38	3	0	0	69	3.2	
7 Don't know	24	4	76	5	0	0	100	4.6	
Valid responses =	655	30	1503	69	0	0	2186	98.6	

Invalid responses include no response or multiple responses.

### 7C. How long has it been since you had the following checked? Cholesterol

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	415	64	999	67	0	0	1434	65.9	
2 1 year ago less than 2 years ago	96	15	242	16	0	0	342	15.7	
3 2 years ago less than 3 years ago	41	6	78	5	0	0	121	5.6	
4 3 years ago less than 5 years ago	23	4	28	2	0	0	51	2.3	
5 5 or more years ago	35	5	34	2	0	0	69	3.2	
6 Never	23	4	46	3	0	0	70	3.2	
7 Don't know	20	3	69	5	0	0	90	4.1	
Valid responses =	653	30	1496	69	0	0	2177	98.2	

Invalid responses include no response or multiple responses.

### 7D. How long has it been since you had the following checked? Dental exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	464	71	1205	80	0	0	1687	77.3	
2 1 year ago less than 2 years ago	62	10	154	10	0	0	217	9.9	
3 2 years ago less than 3 years ago	40	6	60	4	0	0	102	4.7	
4 3 years ago less than 5 years ago	28	4	31	2	0	0	60	2.7	
5 5 or more years ago	54	8	44	3	0	0	103	4.7	
6 Never	5	1	4	0	0	0	9	0.4	
7 Don't know	0	0	4	0	0	0	5	0.2	
Valid responses =	653	30	1502	69	0	0	2183	98.4	

Invalid responses include no response or multiple responses.



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2218 Web Surveys

### 7E. How long has it been since you had the following checked? Eye exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	318	49	904	60	0	0	1236	56.6	
2 1 year ago less than 2 years ago	125	19	293	20	0	0	424	19.4	
3 2 years ago less than 3 years ago	84	13	127	8	0	0	215	9.8	
4 3 years ago less than 5 years ago	50	8	71	5	0	0	122	5.6	
5 5 or more years ago	63	10	77	5	0	0	142	6.5	
6 Never	9	1	17	1	0	0	27	1.2	
7 Don't know	4	1	15	1	0	0	19	0.9	
Valid responses =	653	30	1504	69	0	0	2185	98.5	

Invalid responses include no response or multiple responses.

### 7F. How long has it been since you had the following checked? Hearing exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	122	19	242	16	0	0	369	17	
2 1 year ago less than 2 years ago	70	11	158	11	0	0	231	10.7	
3 2 years ago less than 3 years ago	79	12	113	8	0	0	194	8.9	
4 3 years ago less than 5 years ago	78	12	103	7	0	0	182	8.4	
5 5 or more years ago	182	28	400	27	0	0	594	27.4	
6 Never	65	10	214	14	0	0	283	13	
7 Don't know	54	8	261	18	0	0	316	14.6	
Valid responses =	650	30	1491	69	0	0	2169	97.8	

Invalid responses include no response or multiple responses.

### 7G. How long has it been since you had the following checked? Physical exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	372	57	1009	67	0	0	1400	64.1	
2 1 year ago less than 2 years ago	103	16	243	16	0	0	351	16.1	
3 2 years ago less than 3 years ago	60	9	85	6	0	0	148	6.8	
4 3 years ago less than 5 years ago	39	6	56	4	0	0	95	4.3	
5 5 or more years ago	61	9	66	4	0	0	127	5.8	
6 Never	7	1	15	1	0	0	23	1.1	
7 Don't know	12	2	29	2	0	0	41	1.9	
Valid responses =	654	30	1503	69	0	0	2185	98.5	

Invalid responses include no response or multiple responses.

### 7H. How long has it been since you had the following checked? Triglycerides (blood fat)

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	377	58	891	59	0	0	1287	59	
2 1 year ago less than 2 years ago	83	13	224	15	0	0	311	14.2	
3 2 years ago less than 3 years ago	34	5	81	5	0	0	117	5.4	
4 3 years ago less than 5 years ago	20	3	34	2	0	0	54	2.5	
5 5 or more years ago	42	6	30	2	0	0	72	3.3	
6 Never	33	5	76	5	0	0	110	5	
7 Don't know	64	10	166	11	0	0	232	10.6	
Valid responses =	653	30	1502	69	0	0	2183	98.4	

Invalid responses include no response or multiple responses.

### 8A. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### Anxiety

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	564	87	1112	75	0	0	1687	77.9	
2 Yes, Dx/No Treatment	23	4	91	6	0	0	119	5.5	
3 Yes, Dx/Received Treatment	63	10	286	19	0	0	360	16.6	
Valid responses =	650	30	1489	69	0	0	2166	97.7	

Invalid responses include no response or multiple responses.

### 8B. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### Depression

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	561	86	1123	76	0	0	1699	78.6	
2 Yes, Dx/No Treatment	21	3	65	4	0	0	87	4	
3 Yes, Dx/Received Treatment	67	10	297	20	0	0	375	17.4	
Valid responses =	649	30	1485	69	0	0	2161	97.4	

Invalid responses include no response or multiple responses.

### 8C. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### Elevated blood sugar or diabetes

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	571	88	1341	90	0	0	1934	89.4	
2 Yes, Dx/No Treatment	34	5	57	4	0	0	93	4.3	
3 Yes, Dx/Received Treatment	44	7	89	6	0	0	137	6.3	
Valid responses =	649	30	1487	69	0	0	2164	97.6	

Invalid responses include no response or multiple responses.

### 8D. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### Elevated cholesterol level

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	466	72	1178	79	0	0	1666	76.8	
2 Yes, Dx/No Treatment	93	14	186	13	0	0	281	12.9	
3 Yes, Dx/Received Treatment	91	14	128	9	0	0	223	10.3	



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Valid responses =	650	30	1492	69	0	0	2170	97.8
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Invalid responses include no response or multiple responses.



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### 8E. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### High blood pressure/hypertension

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	465	71	1193	80	0	0	1679	77.4
2 Yes, Dx/No Treatment	50	8	63	4	0	0	114	5.3
3 Yes, Dx/Received Treatment	137	21	232	16	0	0	375	17.3
Valid responses =	652	30	1488	69	0	0	2168	97.7

Invalid responses include no response or multiple responses.

### 8F. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

#### Low back injury or spine problems

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	519	80	1173	79	0	0	1711	79
2 Yes, Dx/No Treatment	53	8	98	7	0	0	155	7.2
3 Yes, Dx/Received Treatment	78	12	219	15	0	0	301	13.9
Valid responses =	650	30	1490	69	0	0	2167	97.7

Invalid responses include no response or multiple responses.

### 9. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	64	10	133	9	0	0	204	9.3
2 1 day	39	6	126	8	0	0	165	7.5
3 2 days	71	11	191	13	0	0	267	12.2
4 3 days	95	15	226	15	0	0	325	14.9
5 4 days	114	17	244	16	0	0	362	16.6
6 5 days	126	19	280	19	0	0	408	18.7
7 6 days	78	12	172	11	0	0	253	11.6
8 7 days	68	10	131	9	0	0	202	9.2
Valid responses =	655	30	1503	69	0	0	2186	98.6

Invalid responses include no response or multiple responses.

### 10. Over the last 2 weeks, what is the average amount of sleep you have gotten on weeknights (excluding naps)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	3	1	8	1	0	0	11	0.5
2 4 hours	16	2	16	1	0	0	32	1.5
3 5 hours	81	12	144	10	0	0	231	10.6
4 6 hours	210	32	469	31	0	0	689	31.5
5 7 hours	237	36	602	40	0	0	846	38.7
6 8 hours	96	15	229	15	0	0	329	15
7 9 hours	11	2	32	2	0	0	44	2
8 10 or more hours	1	0	5	0	0	0	6	0.3
Valid responses =	655	30	1505	69	0	0	2188	98.6

Invalid responses include no response or multiple responses.

### 11A. How long does it usually take you to fall asleep once you close your eyes?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Under 5 minutes	155	24	294	20	0	0	456	20.9
2 5-15 minutes	295	45	657	44	0	0	963	44.1
3 16-30 minutes	128	20	321	21	0	0	453	20.7
4 31 minutes - 1 hour	62	10	177	12	0	0	242	11.1
5 Over 1 hour	14	2	55	4	0	0	72	3.3
Valid responses =	654	30	1504	69	0	0	2186	98.6

Invalid responses include no response or multiple responses.

### 11B1. In the last 12 months have you experienced the following?

#### Experienced difficulty staying asleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	297	45	580	39	0	0	886	40.5
2 Yes	358	55	924	61	0	0	1301	59.5
Valid responses =	655	30	1504	69	0	0	2187	98.6

Invalid responses include no response or multiple responses.

### 11B2. In the last 12 months have you experienced the following?

#### Used an over-the-counter medication to promote sleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	507	78	1088	72	0	0	1611	73.7
2 Yes	147	23	415	28	0	0	574	26.3
Valid responses =	654	30	1503	69	0	0	2185	98.5

Invalid responses include no response or multiple responses.

### 11B3. In the last 12 months have you experienced the following?

#### Used a prescription medication to promote sleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	610	93	1354	90	0	0	1987	91.1
2 Yes	43	7	147	10	0	0	195	8.9
Valid responses =	653	30	1501	69	0	0	2182	98.4

Invalid responses include no response or multiple responses.





# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2019

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 11B4. In the last 12 months have you experienced the following?

#### Experienced difficulty coping with stressful events or situations

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	457	70	894	60	0	0	1365	62.5	
2 Yes	198	30	606	40	0	0	818	37.5	
Valid responses =	655	30	1500	69	0	0	2183	98.4	

Invalid responses include no response or multiple responses.

### 11B5. In the last 12 months have you experienced the following?

#### Felt so depressed that it was difficult to function

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	575	88	1253	83	0	0	1843	84.3	
2 Yes	79	12	251	17	0	0	343	15.7	
Valid responses =	654	30	1504	69	0	0	2186	98.6	

Invalid responses include no response or multiple responses.

### 11B6. In the last 12 months have you experienced the following?

#### Felt overwhelming anxiety

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	539	82	1027	68	0	0	1579	72.2	
2 Yes	116	18	476	32	0	0	607	27.8	
Valid responses =	655	30	1503	69	0	0	2186	98.6	

Invalid responses include no response or multiple responses.

### 11B7. In the last 12 months have you experienced the following?

#### Felt overwhelmed by all you had to do

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	403	62	629	42	0	0	1040	47.6	
2 Yes	251	38	874	58	0	0	1145	52.4	
Valid responses =	654	30	1503	69	0	0	2185	98.5	

Invalid responses include no response or multiple responses.

### 12A1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Anxiety

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	143	22	269	18	0	0	419	19.4	
2 Never	242	37	392	26	0	0	637	29.4	
3 Rarely	144	22	365	25	0	0	511	23.6	
4 Sometimes	103	16	392	26	0	0	504	23.3	
5 Most of the time	11	2	55	4	0	0	68	3.1	
6 Always	7	1	13	1	0	0	25	1.2	
Valid responses =	650	30	1486	69	0	0	2164	97.6	

Invalid responses include no response or multiple responses.

### 12A2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Death of a close friend or family member

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	285	44	785	52	0	0	1088	49.8	
2 Never	222	34	334	22	0	0	563	25.8	
3 Rarely	80	12	187	12	0	0	268	12.3	
4 Sometimes	56	9	172	11	0	0	230	10.5	
5 Most of the time	2	0	20	1	0	0	22	1	
6 Always	6	1	7	1	0	0	13	0.6	
Valid responses =	651	30	1505	69	0	0	2184	98.5	

Invalid responses include no response or multiple responses.

### 12A3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Depression

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	166	25	421	28	0	0	595	27.3	
2 Never	286	44	524	35	0	0	813	37.3	
3 Rarely	108	17	251	17	0	0	366	16.8	
4 Sometimes	71	11	254	17	0	0	329	15.1	
5 Most of the time	15	2	42	3	0	0	61	2.8	
6 Always	7	1	9	1	0	0	18	0.8	
Valid responses =	653	30	1501	69	0	0	2182	98.4	

Invalid responses include no response or multiple responses.

### 12A4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Financial concerns

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	108	17	295	20	0	0	406	18.6	
2 Never	220	34	438	29	0	0	663	30.4	
3 Rarely	143	22	357	24	0	0	505	23.1	
4 Sometimes	137	21	304	20	0	0	446	20.4	
5 Most of the time	28	4	82	6	0	0	115	5.3	
6 Always	19	3	25	2	0	0	49	2.2	
Valid responses =	655	30	1501	69	0	0	2184	98.5	

Invalid responses include no response or multiple responses.



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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) = 2218 Web Surveys

### 12A5. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Lack of quality sleep

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	53	8	101	7	0	0	155	7.1	
2 Never	121	19	211	14	0	0	334	15.3	
3 Rarely	181	28	428	29	0	0	615	28.2	
4 Sometimes	234	36	605	40	0	0	849	38.9	
5 Most of the time	52	8	133	9	0	0	193	8.9	
6 Always	10	2	23	2	0	0	34	1.6	
Valid responses =	651	30	1501	69	0	0	2180	98.3	

Invalid responses include no response or multiple responses.

### 12A6. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Severe headaches/migraines

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
6 Not Applicable	145	22	304	20	0	0	455	20.9	
1 Never	308	47	422	28	0	0	736	33.7	
2 Rarely	127	19	428	29	0	0	560	25.7	
3 Sometimes	65	10	301	20	0	0	376	17.2	
4 Most of the time	5	1	36	2	0	0	42	1.9	
5 Always	4	1	8	1	0	0	12	0.6	
Valid responses =	654	30	1499	69	0	0	2181	98.3	

Invalid responses include no response or multiple responses.

### 12A7. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### A family member's (child, parent, spouse/partner) special needs, illness, injury or surgery

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	189	29	484	32	0	0	687	31.5	
2 Never	224	34	363	24	0	0	591	27.1	
3 Rarely	132	20	305	20	0	0	440	20.1	
4 Sometimes	90	14	287	19	0	0	384	17.6	
5 Most of the time	13	2	48	3	0	0	61	2.8	
6 Always	5	1	16	1	0	0	21	1	
Valid responses =	653	30	1503	69	0	0	2184	98.5	

Invalid responses include no response or multiple responses.

### 12A8. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### My own special needs, illness, injury or surgery

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	164	25	406	27	0	0	578	26.5	
2 Never	248	38	397	27	0	0	648	29.7	
3 Rarely	140	22	365	24	0	0	507	23.3	
4 Sometimes	81	12	289	19	0	0	380	17.4	
5 Most of the time	11	2	30	2	0	0	44	2	
6 Always	8	1	12	1	0	0	22	1	
Valid responses =	652	30	1499	69	0	0	2179	98.2	

Invalid responses include no response or multiple responses.

### 12A9. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	258	40	747	50	0	0	1024	46.9	
2 Never	385	59	742	49	0	0	1135	52	
3 Rarely	9	1	9	1	0	0	18	0.8	
4 Sometimes	0	0	4	0	0	0	4	0.2	
5 Most of the time	0	0	0	0	0	0	1	0	
6 Always	0	0	1	0	0	0	1	0	
Valid responses =	652	30	1503	69	0	0	2183	98.4	

Invalid responses include no response or multiple responses.

### 12B1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Personal problem with addiction to alcohol or drugs

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	231	35	645	43	0	0	889	40.7	
2 Never	389	59	828	55	0	0	1229	56.2	
3 Rarely	19	3	21	1	0	0	42	1.9	
4 Sometimes	12	2	9	1	0	0	22	1	
5 Most of the time	3	1	0	0	0	0	3	0.1	
6 Always	1	0	0	0	0	0	1	0	
Valid responses =	655	30	1503	69	0	0	2186	98.6	

Invalid responses include no response or multiple responses.

### 12B2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Addiction to alcohol or drugs of a close friend or family member

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	235	36	631	42	0	0	880	40.3	
2 Never	389	60	792	53	0	0	1191	54.5	
3 Rarely	17	3	51	3	0	0	70	3.2	
4 Sometimes	10	2	23	2	0	0	33	1.5	
5 Most of the time	3	1	3	0	0	0	6	0.3	
6 Always	0	0	2	0	0	0	4	0.2	
Valid responses =									

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) = 2218 Web Surveys

### 12B3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Lack of interest in my work

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	110	17	323	22	0	0	441	20.2	
2 Never	264	40	557	37	0	0	829	38	
3 Rarely	149	23	332	22	0	0	486	22.3	
4 Sometimes	115	18	256	17	0	0	375	17.2	
5 Most of the time	13	2	26	2	0	0	40	1.8	
6 Always	3	1	6	0	0	0	11	0.5	
Valid responses =	654	30	1500	69	0	0	2182	98.4	

Invalid responses include no response or multiple responses.

### 12B4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Lack of tools and resources to perform functions of my job

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	100	15	324	22	0	0	432	19.8	
2 Never	265	41	569	38	0	0	840	38.5	
3 Rarely	141	22	290	19	0	0	437	20	
4 Sometimes	108	17	257	17	0	0	370	16.9	
5 Most of the time	25	4	48	3	0	0	74	3.4	
6 Always	15	2	14	1	0	0	31	1.4	
Valid responses =	654	30	1502	69	0	0	2184	98.5	

Invalid responses include no response or multiple responses.

### 12C1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Relationship in my personal life

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	115	18	319	21	0	0	442	20.2	
2 Never	316	48	621	41	0	0	946	43.3	
3 Rarely	142	22	360	24	0	0	507	23.2	
4 Sometimes	71	11	178	12	0	0	252	11.5	
5 Most of the time	9	1	19	1	0	0	30	1.4	
6 Always	2	0	5	0	0	0	8	0.4	
Valid responses =									

Invalid responses include no response or multiple responses.

### 12C2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Relationship with coworkers

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	77	12	196	13	0	0	280	12.8	
2 Never	284	43	570	38	0	0	862	39.5	
3 Rarely	181	28	390	26	0	0	575	26.3	
4 Sometimes	95	15	298	20	0	0	398	18.2	
5 Most of the time	13	2	36	2	0	0	53	2.4	
6 Always	4	1	12	1	0	0	16	0.7	
Valid responses =									

Invalid responses include no response or multiple responses.

### 12C3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Relationship with supervisor

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	88	13	229	15	0	0	324	14.8	
2 Never	347	53	729	49	0	0	1,085	49.7	
3 Rarely	121	19	277	18	0	0	403	18.4	
4 Sometimes	72	11	192	13	0	0	269	12.3	
5 Most of the time	18	3	58	4	0	0	78	3.6	
6 Always	9	1	17	1	0	0	26	1.2	
Valid responses =	655	30	1502	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 12C4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Stressful environment within my department/unit

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	72	11	187	13	0	0	266	12.2	
2 Never	279	43	495	33	0	0	779	35.7	
3 Rarely	152	23	338	23	0	0	496	22.7	
4 Sometimes	109	17	358	24	0	0	471	21.6	
5 Most of the time	26	4	88	6	0	0	118	5.4	
6 Always	16	2	34	2	0	0	52	2.4	
Valid responses =	654	30	1500	69	0	0	2,182	98.4	

Invalid responses include no response or multiple responses.

### 12C5. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

#### Supervisor or Management support

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	80	12	233	16	0	0	320	14.7	
2 Never	329	50	643	43	0	0	978	44.8	
3 Rarely	118	18	297	20	0	0	424	19.4	
4 Sometimes	87	13	226	15	0	0	317	14.5	
5 Most of the time	25	4	74	5	0	0	100	4.6	
6 Always	15	2	28	2	0	0	44	2.0	
Valid responses =	654	30	1501	69	0	0	2,183	98.4	

Invalid responses include no response or multiple responses.



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2218 Web Surveys

### 12C6. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Other

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	163	55	346	56	0	0	517	56.3
2 Never	104	35	198	32	0	0	304	33.1
3 Rarely	1	0	12	2	0	0	13	1.4
4 Sometimes	11	4	27	4	0	0	38	4.1
5 Most of the time	9	3	15	2	0	0	24	2.6
6 Always	6	2	16	3	0	0	22	2.4
Valid responses =	294	32	614	67	0	0	918	41.4

Invalid responses include no response or multiple responses.

### 13. My college/university promotes a culture of wellness.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly agree	135	21	343	23	0	0	480	21.9
2 Agree	340	52	780	52	0	0	1,136	51.9
3 Neutral	120	18	291	19	0	0	417	19.1
4 Disagree	34	5	67	4	0	0	104	4.8
5 Strongly disagree	13	2	16	1	0	0	30	1.4
6 Don't Know	12	2	9	1	0	0	21	1.0
Valid responses =	654	30	1506	69	0	0	2,188	98.6

Invalid responses include no response or multiple responses.

### 14A. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Job responsibilities make it difficult to participate (shift work, coverage, fee based work)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	387	60	808	54	0	0	1,207	55.6
2 Yes	263	41	684	46	0	0	963	44.4
Valid responses =	650	30	1492	69	0	0	2,170	97.8

Invalid responses include no response or multiple responses.

### 14B. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

I forget to attend or participate

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	493	76	1036	70	0	0	1,549	71.4
2 Yes	158	24	453	30	0	0	619	28.6
Valid responses =	651	30	1489	69	0	0	2,168	97.7

Invalid responses include no response or multiple responses.

### 14C. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Concerns about confidentiality

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	583	90	1285	86	0	0	1,893	87.3
2 Yes	68	10	205	14	0	0	276	12.7
Valid responses =	651	30	1490	69	0	0	2,169	97.8

Invalid responses include no response or multiple responses.

### 14D. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Lack of personal motivation

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	419	65	908	61	0	0	1,343	62.3
2 Yes	228	35	575	39	0	0	813	37.7
Valid responses =	647	30	1483	69	0	0	2,156	97.2

Invalid responses include no response or multiple responses.

### 14E. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Time management (have trouble fitting anything else into my busy schedule)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	279	43	504	34	0	0	792	36.5
2 Yes	371	57	986	66	0	0	1,376	63.5
Valid responses =	650	30	1490	69	0	0	2,168	97.7

Invalid responses include no response or multiple responses.

### 14F. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Schedule of programs do not work for me

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	426	66	718	48	0	0	1,158	53.5
2 Yes	221	34	771	52	0	0	1,006	46.5
Valid responses =	647	30	1489	69	0	0	2,164	97.6

Invalid responses include no response or multiple responses.

### 14G. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Wellness programs are not offered at a convenient location

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	529	82	1167	79	0	0	1,719	79.6
2 Yes	117	18	318	21	0	0	440	20.4
Valid responses =	646	30	1485	69	0	0	2,159	97.3

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2019

American College Health Association  
8455 Colesville Rd., Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 14H. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### My supervisor does not allow me to attend

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	631	97	1427	96	0	0	2,084	96.4	
2 Yes	18	3	58	4	0	0	78	3.6	
Valid responses =	649	30	1485	69	0	0	2,162	97.5	

Invalid responses include no response or multiple responses.

### 14I. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Lack of interest in wellness activities available to me

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	486	75	1195	80	0	0	1,703	78.6	
2 Yes	162	25	295	20	0	0	463	21.4	
Valid responses =	648	30	1490	69	0	0	2,166	97.7	

Invalid responses include no response or multiple responses.

### 14J. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Injury or disability

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	590	91	1322	89	0	0	1,931	89.2	
2 Yes	60	9	164	11	0	0	233	10.8	
Valid responses =	650	30	1486	69	0	0	2,164	97.6	

Invalid responses include no response or multiple responses.

### 14K. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Cost

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	557	88	1193	82	0	0	1,769	83.4	
2 Yes	75	12	268	18	0	0	352	16.6	
Valid responses =	632	30	1461	69	0	0	2,121	95.6	

Invalid responses include no response or multiple responses.

### 14L. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Not supported by coworkers

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	613	95	1399	94	0	0	2,039	94.2	
2 Yes	35	5	89	6	0	0	125	5.8	
Valid responses =	648	30	1488	69	0	0	2,164	97.6	

Invalid responses include no response or multiple responses.

### 14M. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Do not feel comfortable participating in wellness-at-work programs

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	543	84	1198	80	0	0	1,764	81.4	
2 Yes	104	16	293	20	0	0	402	18.6	
Valid responses =	647	30	1491	69	0	0	2,166	97.7	

Invalid responses include no response or multiple responses.

### 14N. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Do not have the knowledge needed to participate

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	531	82	1237	83	0	0	1,791	82.8	
2 Yes	117	18	250	17	0	0	372	17.2	
Valid responses =	648	30	1487	69	0	0	2,163	97.5	

Invalid responses include no response or multiple responses.

### 14O. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

#### Other

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	211	89	434	84	0	0	653	85.6	
2 Yes	27	11	82	16	0	0	110	14.4	
Valid responses =	238	31	516	68	0	0	763	34.4	

Invalid responses include no response or multiple responses.

### 15A. Within the last 12 months I have felt...

#### My work is consistent with my values.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	251	38	547	36	0	0	806	36.9	
2 Agree	325	50	746	50	0	0	1,082	49.5	
3 Neutral	61	9	152	10	0	0	219	10.0	
4 Disagree	12	2	45	3	0	0	60	2.7	
5 Strongly disagree	5	1	12	1	0	0	17	0.8	
Valid responses =	654	30	1502	69	0	0	2,184	98.5	

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 15B. Within the last 12 months I have felt...

#### My office/department values my work.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	220	34	520	35	0	0	748	34.2	
2 Agree	327	50	691	46	0	0	1,028	47.0	
3 Neutral	64	10	158	11	0	0	225	10.3	
4 Disagree	25	4	95	6	0	0	125	5.7	
5 Strongly disagree	18	3	39	3	0	0	59	2.7	
Valid responses =	654	30	1503	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 15C. Within the last 12 months I have felt...

#### My supervisor provides the support that I need to cope with the demands of my job.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	221	34	514	34	0	0	744	34.1	
2 Agree	287	44	614	41	0	0	910	41.6	
3 Neutral	91	14	219	15	0	0	315	14.4	
4 Disagree	36	6	114	8	0	0	153	7.0	
5 Strongly disagree	18	3	43	3	0	0	63	2.9	
Valid responses =	653	30	1504	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 15D. Within the last 12 months I have felt...

#### I have received adequate feedback to judge my work performance.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	191	29	454	30	0	0	653	29.9	
2 Agree	292	45	645	43	0	0	943	43.2	
3 Neutral	100	15	219	15	0	0	329	15.1	
4 Disagree	43	7	142	9	0	0	186	8.5	
5 Strongly disagree	27	4	43	3	0	0	73	3.3	
Valid responses =	653	30	1503	69	0	0	2,184	98.5	

Invalid responses include no response or multiple responses.

### 15E. Within the last 12 months I have felt...

#### The flow of communication within my office/department clearly defines expectations so I know how to effectively do my job.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	156	24	373	25	0	0	537	24.6	
2 Agree	292	45	609	41	0	0	910	41.6	
3 Neutral	118	18	276	18	0	0	399	18.3	
4 Disagree	59	9	172	11	0	0	234	10.7	
5 Strongly disagree	29	4	73	5	0	0	105	4.8	
Valid responses =	654	30	1503	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 15F. Within the last 12 months I have felt...

#### I have been offered opportunities to learn and grow.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	203	31	522	35	0	0	734	33.6	
2 Agree	296	45	624	42	0	0	931	42.6	
3 Neutral	91	14	216	14	0	0	312	14.3	
4 Disagree	39	6	97	6	0	0	136	6.2	
5 Strongly disagree	25	4	45	3	0	0	73	3.3	
Valid responses =	654	30	1504	69	0	0	2,186	98.6	

Invalid responses include no response or multiple responses.

### 15G. Within the last 12 months I have felt...

#### My department values the balance between my job and life outside the work setting.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	227	35	544	36	0	0	779	35.6	
2 Agree	265	41	572	38	0	0	846	38.7	
3 Neutral	105	16	239	16	0	0	350	16.0	
4 Disagree	34	5	99	7	0	0	136	6.2	
5 Strongly disagree	23	4	50	3	0	0	75	3.4	
Valid responses =	654	30	1504	69	0	0	2,186	98.6	

Invalid responses include no response or multiple responses.

### 16. My college/university is concerned about my safety.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	244	37	532	35	0	0	783	35.9	
2 Agree	323	49	762	51	0	0	1,099	50.3	
3 Neutral	64	10	155	10	0	0	224	10.3	
4 Disagree	12	2	43	3	0	0	56	2.6	
5 Strongly disagree	11	2	9	1	0	0	21	1.0	
Valid responses =	654	30	1501	69	0	0	2,183	98.4	

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 17A. How safe do you feel: On this campus (daytime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	23	4	50	3	0	0	73	3.3
2 Not safe at all	2	0	0	0	0	0	2	0.1
3 Somewhat unsafe	5	1	21	1	0	0	28	1.3
4 Somewhat safe	69	11	228	15	0	0	303	13.9
5 Very safe	556	85	1200	80	0	0	1,776	81.4
Valid responses =	655	30	1499	69	0	0	2,182	98.4

Invalid responses include no response or multiple responses.

### 17B. How safe do you feel: On this campus (nighttime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	56	9	182	12	0	0	239	11.0
2 Not safe at all	5	1	33	2	0	0	39	1.8
3 Somewhat unsafe	12	2	167	11	0	0	179	8.2
4 Somewhat safe	181	28	722	48	0	0	920	42.2
5 Very safe	401	61	395	26	0	0	805	36.9
Valid responses =	655	30	1499	69	0	0	2,182	98.4

Invalid responses include no response or multiple responses.

### 17C. How safe do you feel: In the community surrounding this campus (daytime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	27	4	57	4	0	0	84	3.9
2 Not safe at all	2	0	2	0	0	0	4	0.2
3 Somewhat unsafe	11	2	45	3	0	0	58	2.7
4 Somewhat safe	160	25	444	30	0	0	616	28.3
5 Very safe	454	69	949	63	0	0	1,417	65.0
Valid responses =	654	30	1497	69	0	0	2,179	98.2

Invalid responses include no response or multiple responses.

### 17D. How safe do you feel: In the community surrounding this campus (nighttime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	48	7	160	11	0	0	209	9.6
2 Not safe at all	10	2	41	3	0	0	51	2.3
3 Somewhat unsafe	43	7	273	18	0	0	320	14.7
4 Somewhat safe	234	36	709	47	0	0	958	43.9
5 Very safe	319	49	316	21	0	0	643	29.5
Valid responses =	654	30	1499	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 18A. Within the last 12 months, how often did you: Wear a seatbelt when you rode in a car?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	1	0	0	0	0	0	1	0.0
2 Never	3	1	1	0	0	0	4	0.2
3 Rarely	1	0	2	0	0	0	3	0.1
4 Sometimes	6	1	14	1	0	0	20	0.9
5 Most of the time	38	6	60	4	0	0	99	4.5
6 Always	605	93	1423	95	0	0	2,054	94.2
Valid responses =	654	30	1500	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 18B. Within the last 12 months, how often did you: Wear a helmet when you rode a bicycle?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	304	46	815	54	0	0	1,134	51.9
2 Never	69	11	115	8	0	0	188	8.6
3 Rarely	21	3	53	4	0	0	75	3.4
4 Sometimes	36	6	58	4	0	0	94	4.3
5 Most of the time	55	8	102	7	0	0	159	7.3
6 Always	170	26	358	24	0	0	534	24.5
Valid responses =	655	30	1501	69	0	0	2,184	98.5

Invalid responses include no response or multiple responses.

### 18C. Within the last 12 months, how often did you: Wear a helmet when you rode a motorcycle?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	558	85	1330	89	0	0	1,912	87.7
2 Never	11	2	10	1	0	0	21	1.0
3 Rarely	1	0	1	0	0	0	2	0.1
4 Sometimes	2	0	6	0	0	0	8	0.4
5 Most of the time	8	1	9	1	0	0	17	0.8
6 Always	75	12	142	10	0	0	221	10.1
Valid responses =	655	30	1498	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 19A1. In the past twelve months, have you observed any of the following behaviors among your coworkers? Ignoring phone calls or emails from coworkers

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	460	70	1047	70	0	0	1,529	70.2
2 Yes	193	30	451	30	0	0	650	29.8
Valid responses =	653	30	1498	69	0	0	2,179	98.2

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 19A2. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Silent treatment towards coworkers

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	469	72	1052	70	0	0	1,541	70.8
2 Yes	184	28	443	30	0	0	635	29.2
Valid responses =	653	30	1495	69	0	0	2,176	98.1

Invalid responses include no response or multiple responses.

### 19A3. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Spreading gossip about coworkers

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	403	62	865	58	0	0	1,283	59.0
2 Yes	248	38	631	42	0	0	892	41.0
Valid responses =	651	30	1496	69	0	0	2,175	98.1

Invalid responses include no response or multiple responses.

### 19A4. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers are excluded from work-related social gatherings

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	539	83	1215	81	0	0	1,770	81.4
2 Yes	112	17	280	19	0	0	404	18.6
Valid responses =	651	30	1495	69	0	0	2,174	98.0

Invalid responses include no response or multiple responses.

### 19A5. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers take credit for work or ideas of others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	491	75	1085	73	0	0	1,596	73.4
2 Yes	162	25	408	27	0	0	578	26.6
Valid responses =	653	30	1493	69	0	0	2,174	98.0

Invalid responses include no response or multiple responses.

### 19A6. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers make insults about personal lives of others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	544	83	1185	79	0	0	1,749	80.4
2 Yes	108	17	310	21	0	0	426	19.6
Valid responses =	652	30	1495	69	0	0	2,175	98.1

Invalid responses include no response or multiple responses.

### 19A7. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers display intimidating or humiliating behaviors toward others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	549	84	1179	79	0	0	1,747	80.2
2 Yes	104	16	317	21	0	0	430	19.8
Valid responses =	653	30	1496	69	0	0	2,177	98.2

Invalid responses include no response or multiple responses.

### 19A8. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers are being ignored/ostracized by others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	511	78	1127	76	0	0	1,658	76.2
2 Yes	143	22	366	25	0	0	517	23.8
Valid responses =	654	30	1493	69	0	0	2,175	98.1

Invalid responses include no response or multiple responses.

### 19A9. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers experience verbal abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	582	89	1279	86	0	0	1,883	86.6
2 Yes	72	11	213	14	0	0	291	13.4
Valid responses =	654	30	1492	69	0	0	2,174	98.0

Invalid responses include no response or multiple responses.

### 19A10. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers experience physical abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	653	100	1484	100	0	0	2,165	99.7
2 Yes	1	0	6	0	0	0	7	0.3
Valid responses =	654	30	1490	69	0	0	2,172	97.9

Invalid responses include no response or multiple responses.

### 19A11. In the past twelve months, have you observed any of the following behaviors among your coworkers?

#### Coworkers experience sexual abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	648	99	1483	100	0	0	2,159	99.5
2 Yes	4	1	7	1	0	0	11	0.5
Valid responses =	652	30	1490	69	0	0	2,170	97.8

Invalid responses include no response or multiple responses.





# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020

FREQUENCY REPORT

Number of Surveys (n) = 2218 Web Surveys

### 19A12. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Misuse of authority within an organization for personal or financial gain

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	603	92	1368	92	0	0	1,995	91.9
2 Yes	51	8	121	8	0	0	176	8.1
Valid responses =	654	30	1489	69	0	0	2,171	97.9

Invalid responses include no response or multiple responses.

### 19B1. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Ignoring my phone calls or emails

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	568	87	1292	87	0	0	1,866	86.7
2 Yes	86	13	202	14	0	0	290	13.3
Valid responses =	654	30	1494	69	0	0	2,176	98.1

Invalid responses include no response or multiple responses.

### 19B2. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Silent treatment towards me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	572	88	1254	84	0	0	1,850	85.0
2 Yes	82	13	241	16	0	0	327	15.0
Valid responses =	654	30	1495	69	0	0	2,177	98.2

Invalid responses include no response or multiple responses.

### 19B3. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Spreading gossip about me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	559	86	1277	86	0	0	1,859	85.7
2 Yes	92	14	212	14	0	0	309	14.3
Valid responses =	651	30	1489	69	0	0	2,168	97.7

Invalid responses include no response or multiple responses.

### 19B4. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers exclude you from work-related social gatherings

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	603	92	1349	90	0	0	1,975	90.9
2 Yes	50	8	143	10	0	0	198	9.1
Valid responses =	653	30	1492	69	0	0	2,173	98.0

Invalid responses include no response or multiple responses.

### 19B5. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers take credit for your work or your ideas

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	550	85	1237	83	0	0	1,811	83.4
2 Yes	100	15	257	17	0	0	361	16.6
Valid responses =	650	30	1494	69	0	0	2,172	97.9

Invalid responses include no response or multiple responses.

### 19B6. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers make insults about your personal life

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	628	96	1406	94	0	0	2,057	94.5
2 Yes	26	4	88	6	0	0	119	5.5
Valid responses =	654	30	1494	69	0	0	2,176	98.1

Invalid responses include no response or multiple responses.

### 19B7. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers display intimidating or humiliating behaviors

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	617	95	1318	88	0	0	1,958	90.1
2 Yes	36	6	175	12	0	0	216	9.9
Valid responses =	653	30	1493	69	0	0	2,174	98.0

Invalid responses include no response or multiple responses.

### 19B8. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Verbal abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	622	96	1390	94	0	0	2,034	94.0
2 Yes	29	5	94	6	0	0	129	6.0
Valid responses =	651	30	1484	69	0	0	2,163	97.5

Invalid responses include no response or multiple responses.

### 19B9. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Physical abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	653	100	1489	100	0	0	2,170	99.8
2 Yes	1	0	4	0	0	0	5	0.2
Valid responses =	654	30	1493	69	0	0	2,175	98.1

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 19B10. In the past twelve months, have the following behaviors been directed toward you in the workplace?

#### Sexual abuse

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	652	100	1486	100	0	0	2,166	99.7
2 Yes	0	0	6	0	0	0	6	0.3
Valid responses =	652	30	1492	69	0	0	2,172	97.9

Invalid responses include no response or multiple responses.

### 19B11. In the past twelve months, have the following behaviors been directed toward you in the workplace?

#### Supervisor abuses their power over me

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	612	94	1395	93	0	0	2,032	93.5
2 Yes	37	6	101	7	0	0	141	6.5
Valid responses =	649	30	1496	69	0	0	2,173	98.0

Invalid responses include no response or multiple responses.

### 19B12. In the past twelve months, have the following behaviors been directed toward you in the workplace?

#### Coworkers are ignoring/ostracizing me.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	617	95	1383	93	0	0	2,022	93.1
2 Yes	33	5	110	7	0	0	149	6.9
Valid responses =	650	30	1493	69	0	0	2,171	97.9

Invalid responses include no response or multiple responses.

### 20. In the last twelve months, I have missed work due to being bullied in workplace.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	333	51	744	50	0	0	1,088	49.9
2 No	311	48	704	47	0	0	1,028	47.1
3 Yes	9	1	52	4	0	0	65	3.0
Valid responses =	653	30	1500	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 21A. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

#### My emotional health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	393	60	876	58	0	0	1,281	58.8
2 Strongly agree	16	3	53	4	0	0	73	3.4
3 Agree	22	3	100	7	0	0	123	5.6
4 Neutral	12	2	59	4	0	0	73	3.4
5 Disagree	38	6	119	8	0	0	161	7.4
6 Strongly disagree	170	26	294	20	0	0	468	21.5
Valid responses =	651	30	1501	69	0	0	2,179	98.2

Invalid responses include no response or multiple responses.

### 21B. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

#### My physical health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	394	60	880	59	0	0	1,286	58.9
2 Strongly agree	7	1	37	3	0	0	47	2.2
3 Agree	8	1	64	4	0	0	73	3.3
4 Neutral	21	3	61	4	0	0	85	3.9
5 Disagree	40	6	135	9	0	0	179	8.2
6 Strongly disagree	182	28	327	22	0	0	513	23.5
Valid responses =	652	30	1504	69	0	0	2,183	98.4

Invalid responses include no response or multiple responses.

### 21C. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

#### My stress level has been increased due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	391	60	876	58	0	0	1,279	58.7
2 Strongly agree	19	3	47	3	0	0	69	3.2
3 Agree	12	2	88	6	0	0	102	4.7
4 Neutral	22	3	62	4	0	0	86	3.9
5 Disagree	34	5	121	8	0	0	159	7.3
6 Strongly disagree	173	27	306	20	0	0	483	22.2
Valid responses =	651	30	1500	69	0	0	2,178	98.2

Invalid responses include no response or multiple responses.

### 22A. In the past 7 days, how many (total) minutes did you spend doing moderate physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 minutes	57	9	127	9	0	0	185	8.6
2 .1 - 30 minutes	74	12	185	13	0	0	260	12.1
3 30.1 - 60 minutes	100	16	266	18	0	0	372	17.4
4 60.1 - 120 minutes	143	22	343	23	0	0	496	23.1
5 120.1 - 240 minutes	132	21	326	22	0	0	460	21.5
6 GE 240.1 minutes	133	21	230	16	0	0	371	17.3
Valid responses =	639	30	1477	69	0	0	2,144	96.7

Invalid responses include no response or multiple responses.



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FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

	Mean	Median	Std Dev	Min	Max
Male	178.38	120.00	237.84	0	2880
Female	151.62	100.00	310.34	0	10080
Overall	159.80	120.00	289.07	0	10080

### 22B. In the past 7 days, how many (total) minutes did you spend doing vigorous physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 minutes	223	35	672	46	0	0	908	42.9
2 1 - 30 minutes	97	15	215	15	0	0	314	14.8
3 30.1 - 60 minutes	91	14	170	12	0	0	264	12.5
4 60.1 - 120 minutes	84	13	174	12	0	0	263	12.4
5 120.1 - 240 minutes	80	12	127	9	0	0	208	9.8
6 GE 240.1 minutes	68	11	91	6	0	0	162	7.6
Valid responses =	643	30	1449	68	0	0	2,119	95.5

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	93.64	35.00	154.65	0	2100
Female	68.56	15.00	282.53	0	10080
Overall	76.78	20.00	251.4	0	10080

### 22C. In the last 7 days, how many days did you spend doing exercises to strengthen or tone your muscles?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	291	45	686	46	0	0	991	45.9
2 1 - 2 days	140	22	343	23	0	0	491	22.7
3 2.1 - 4 days	126	19	282	19	0	0	409	18.9
4 GE 4.1 days	92	14	172	12	0	0	269	12.5
Valid responses =	649	30	1483	69	0	0	2,160	97.4

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	1.80	1.00	2.04	0	7
Female	1.66	1.00	1.96	0	7
Overall	1.70	1.00	1.99	0	7

### 23. In the past 30 days, on average which of the following best represents how much time you spend sitting while at work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 10% (48 mins per day)	49	8	41	3	0	0	95	4.4
2 20% (1.6 hours per day)	42	6	47	3	0	0	90	4.1
3 30% (2.4 hours per day)	51	8	78	5	0	0	130	6.0
4 40% (3.2 hours per day)	55	8	80	5	0	0	135	6.2
5 50% (4.0 hours per day)	83	13	139	9	0	0	223	10.2
6 60% (4.8 hours per day)	59	9	123	8	0	0	184	8.4
7 70% (5.6 hours per day)	101	15	221	15	0	0	329	15.1
8 80% (6.4 hours per day)	117	18	348	23	0	0	468	21.4
9 90% (7.2 hours per day)	78	12	352	24	0	0	435	19.9
10 100% ( 8.0 hours per day)	20	3	70	5	0	0	93	4.3
Valid responses =	655	30	1499	69	0	0	2,182	98.4

Invalid responses include no response or multiple responses.

### 24. Has a doctor or other health care provider instructed you to restrict your current physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	619	95	1396	93	0	0	2,040	93.3
2 Yes	35	5	109	7	0	0	147	6.7
Valid responses =	654	30	1505	69	0	0	2,187	98.6

Invalid responses include no response or multiple responses.

### 25. Do you currently have difficulty walking or using stairs or require an assistive device to help with mobility?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	619	95	1402	93	0	0	2,047	93.6
2 Yes	36	6	103	7	0	0	141	6.4
Valid responses =	655	30	1505	69	0	0	2,188	98.6

Invalid responses include no response or multiple responses.

### 26. In the past 30 days, how often do you use the stairs instead of an elevator or escalator while at work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	21	3	79	6	0	0	103	5.0
2 Never	16	3	44	3	0	0	63	3.1
3 Rarely	37	6	111	8	0	0	151	7.4
4 Some of the time	123	20	305	22	0	0	430	21.0
5 Most of the time	208	34	436	31	0	0	649	31.7
6 Always	214	35	425	30	0	0	649	31.7
Valid responses =	619	30	1400	68	0	0	2,045	92.2

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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2218 Web Surveys

### 27. I consider myself to be:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Underweight	11	2	18	1	0	0	29	1.3
2 A healthy weight	284	43	610	41	0	0	902	41.2
3 Overweight	307	47	701	47	0	0	1,022	46.7
4 Obese	46	7	171	11	0	0	223	10.2
5 Unsure	7	1	6	0	0	0	13	0.6
Valid responses =	655	30	1506	69	0	0	2,189	98.7

Invalid responses include no response or multiple responses.

### 28. Are you trying to do any of the following about your weight?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Trying nothing about weight	86	13	181	12	0	0	276	12.6
2 Stay the same weight	162	25	301	20	0	0	467	21.3
3 Lose weight	381	58	1013	67	0	0	1,409	64.4
4 Gain weight	26	4	10	1	0	0	36	1.6
Valid responses =	655	30	1505	69	0	0	2,188	98.6

Invalid responses include no response or multiple responses.

### 29. In the last week, how many servings of fruit did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	84	13	160	11	0	0	249	11.4
2 1-2 servings/day	436	67	1000	66	0	0	1,454	66.4
3 3-4 servings/day	106	16	288	19	0	0	399	18.2
4 5-6 servings/day	16	2	37	3	0	0	53	2.4
5 >6 servings/day	13	2	21	1	0	0	34	1.6
Valid responses =	655	30	1506	69	0	0	2,189	98.7

Invalid responses include no response or multiple responses.

### 30. In the last week, how many servings of vegetables did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	30	5	35	2	0	0	66	3.0
2 1-2 servings/day	349	53	723	48	0	0	1,088	49.7
3 3-4 servings/day	210	32	541	36	0	0	757	34.6
4 5-6 servings/day	46	7	149	10	0	0	200	9.1
5 >6 servings/day	20	3	57	4	0	0	77	3.5
Valid responses =	655	30	1505	69	0	0	2,188	98.6

Invalid responses include no response or multiple responses.

### 31. In the last week, how many servings of whole grains did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	69	11	198	13	0	0	272	12.5
2 1-2 servings/day	375	57	861	57	0	0	1,250	57.3
3 3-4 servings/day	164	25	356	24	0	0	527	24.2
4 5-6 servings/day	33	5	68	5	0	0	103	4.7
5 >6 servings/day	13	2	17	1	0	0	30	1.4
Valid responses =	654	30	1500	69	0	0	2,182	98.4

Invalid responses include no response or multiple responses.

### 32. In the last week, how many servings of low-fat dairy or calcium fortified products did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	120	18	219	15	0	0	343	15.7
2 1-2 servings/day	401	61	959	64	0	0	1,380	63.2
3 3-4 servings/day	105	16	271	18	0	0	379	17.4
4 5-6 servings/day	20	3	39	3	0	0	60	2.7
5 >6 servings/day	7	1	14	1	0	0	21	1.0
Valid responses =	653	30	1502	69	0	0	2,183	98.4

Invalid responses include no response or multiple responses.

### 33. In the last week, how many ounces of lean proteins did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0-2 ounces per day	57	9	156	10	0	0	216	9.9
2 3-5 ounces per day	248	38	643	43	0	0	899	41.2
3 6-8 ounces per day	232	36	549	37	0	0	794	36.4
4 9-11 ounces per day	64	10	132	9	0	0	198	9.1
5 More than 11 ounces per day	52	8	23	2	0	0	77	3.5
Valid responses =	653	30	1503	69	0	0	2,184	98.5

Invalid responses include no response or multiple responses.

### 34. In the last week, how many servings of sugar-sweetened beverages did you drink on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	379	58	937	62	0	0	1,334	61.0
2 1-2 servings/day	217	33	483	32	0	0	709	32.4
3 3-4 servings/day	39	6	67	5	0	0	106	4.8
4 5-6 servings/day	14	2	7	1	0	0	21	1.0
5 >6 servings/day	5	1	10	1	0	0	16	0.7
Valid responses =	654	30	1504	69	0	0	2,186	98.6

Invalid responses include no response or multiple responses.



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### 35A. Within the last thirty days, on how many days did you use: Alcohol (beer, wine, liquor)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	131	20	270	18	0	0	403	18.4	
2 Have used, but not in last 30	85	13	254	17	0	0	346	15.8	
3 1 - 2 days	108	17	341	23	0	0	456	20.9	
4 3 - 5 days	91	14	229	15	0	0	324	14.8	
5 6 - 9 days	75	12	140	9	0	0	217	9.9	
6 10 - 19 days	70	11	144	10	0	0	217	9.9	
7 20 - 29 days	56	9	85	6	0	0	144	6.6	
8 Used daily	37	6	41	3	0	0	78	3.6	
Valid responses =	653	30	1504	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 35B. Within the last thirty days, on how many days did you use: Cigarettes?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	537	83	1271	85	0	0	1,828	84.0	
2 Have used, but not in last 30	77	12	163	11	0	0	247	11.4	
3 1 - 2 days	5	1	7	1	0	0	12	0.6	
4 3 - 5 days	2	0	7	1	0	0	9	0.4	
5 6 - 9 days	1	0	4	0	0	0	5	0.2	
6 10 - 19 days	2	0	4	0	0	0	6	0.3	
7 20 - 29 days	1	0	3	0	0	0	4	0.2	
8 Used daily	25	4	39	3	0	0	65	3.0	
Valid responses =	650	30	1498	69	0	0	2,176	98.1	

Invalid responses include no response or multiple responses.

### 35C. Within the last thirty days, on how many days did you use: Cigars, little cigars, clove cigarettes?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	544	83	1386	92	0	0	1,950	89.4	
2 Have used, but not in last 30	93	14	105	7	0	0	205	9.4	
3 1 - 2 days	10	2	8	1	0	0	19	0.9	
4 3 - 5 days	3	1	1	0	0	0	4	0.2	
5 6 - 9 days	0	0	0	0	0	0	0	0.0	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	1	0	0	0	0	0	1	0.0	
8 Used daily	1	0	1	0	0	0	2	0.1	
Valid responses =	652	30	1501	69	0	0	2,181	98.3	

Invalid responses include no response or multiple responses.

### 35D. Within the last thirty days, on how many days did you use: E-cigarettes or other vape products?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	597	92	1412	94	0	0	2,032	93.2	
2 Have used, but not in last 30	32	5	61	4	0	0	95	4.4	
3 1 - 2 days	4	1	8	1	0	0	14	0.6	
4 3 - 5 days	3	1	1	0	0	0	4	0.2	
5 6 - 9 days	1	0	2	0	0	0	3	0.1	
6 10 - 19 days	3	1	2	0	0	0	5	0.2	
7 20 - 29 days	1	0	3	0	0	0	4	0.2	
8 Used daily	10	2	12	1	0	0	23	1.1	
Valid responses =	651	30	1501	69	0	0	2,180	98.3	

Invalid responses include no response or multiple responses.

### 35E. Within the last thirty days, on how many days did you use: Smokeless tobacco (chew, snuff)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	574	88	1462	98	0	0	2,061	94.7	
2 Have used, but not in last 30	51	8	37	3	0	0	91	4.2	
3 1 - 2 days	5	1	0	0	0	0	5	0.2	
4 3 - 5 days	1	0	0	0	0	0	1	0.0	
5 6 - 9 days	1	0	0	0	0	0	1	0.0	
6 10 - 19 days	2	0	0	0	0	0	2	0.1	
7 20 - 29 days	2	0	0	0	0	0	2	0.1	
8 Used daily	14	2	0	0	0	0	14	0.6	
Valid responses =	650	30	1499	69	0	0	2,177	98.2	

Invalid responses include no response or multiple responses.

### 35F. Within the last thirty days, on how many days did you use: Tobacco from a water pipe (hookah)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	607	93	1424	95	0	0	2,057	94.7	
2 Have used, but not in last 30	42	7	68	5	0	0	112	5.2	
3 1 - 2 days	2	0	1	0	0	0	3	0.1	
4 3 - 5 days	0	0	0	0	0	0	0	0.0	
5 6 - 9 days	0	0	0	0	0	0	0	0.0	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	0	0	0	0	0	0	0	0.0	
8 Used daily	0	0	1	0	0	0	1	0.0	
Valid responses =	651	30	1494	69	0	0	2,173	98.0	

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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American College Health Association  
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[www.acha.org](http://www.acha.org)

January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 36. Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	141	22	293	20	0	0	440	20.1	
2 None	362	55	1004	67	0	0	1,386	63.5	
3 1 time	67	10	121	8	0	0	189	8.7	
4 2 times	34	5	48	3	0	0	82	3.8	
5 3 times	15	2	17	1	0	0	32	1.5	
6 4 times	11	2	5	0	0	0	16	0.7	
7 5 times	5	1	7	1	0	0	12	0.5	
8 6 times	5	1	4	0	0	0	9	0.4	
9 7 times	6	1	0	0	0	0	6	0.3	
10 8 times	0	0	1	0	0	0	1	0.0	
11 9 times	1	0	2	0	0	0	3	0.1	
12 10 or more times	7	1	0	0	0	0	8	0.4	
Valid responses =	654	30	1502	69	0	0	2,184	98.5	

Invalid responses include no response or multiple responses.

### 37. When you drink alcohol, how many drinks do you typically have?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 0 drinks	148	23	287	20	0	0	438	20.5	
2 1 - 1 drink	167	26	565	39	0	0	740	34.6	
3 1.1 - 2 drinks	206	32	475	32	0	0	692	32.4	
4 GE 2.1.drinks	121	19	142	10	0	0	267	12.5	
Valid responses =	642	30	1469	69	0	0	2,137	96.3	

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	1.64	2.00	1.58	0	15
Female	1.36	1.00	1.03	0	8
Overall	1.46	1.00	1.24	0	15

### 38. In the last 12 months, have you felt the need to reduce your drinking?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	148	23	300	20	0	0	451	20.7	
2 No	417	64	1033	69	0	0	1,469	67.4	
3 Yes	88	14	165	11	0	0	258	11.8	
Valid responses =	653	30	1498	69	0	0	2,178	98.2	

Invalid responses include no response or multiple responses.

### 39. In the last 12 months, has a family member, friend, colleague, or anyone expressed concern about your drinking or suggested you reduce your consumption?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	148	23	299	20	0	0	450	20.7	
2 No	482	74	1169	78	0	0	1,673	76.8	
3 Yes	23	4	31	2	0	0	56	2.6	
Valid responses =	653	30	1499	69	0	0	2,179	98.2	

Invalid responses include no response or multiple responses.

### 40. Are you having any financial, work, family, or other problems as a result of your drinking?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	151	23	302	20	0	0	456	20.9	
2 No	496	76	1192	80	0	0	1,711	78.5	
3 Yes	6	1	6	0	0	0	13	0.6	
Valid responses =	653	30	1500	69	0	0	2,180	98.3	

Invalid responses include no response or multiple responses.

### 41. Are you in recovery from alcohol or other substance abuse or dependence?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	638	98	1478	99	0	0	2,143	98.3	
2 Yes	15	2	21	1	0	0	36	1.7	
Valid responses =	653	30	1499	69	0	0	2,179	98.2	

Invalid responses include no response or multiple responses.

### 42. How do you usually describe yourself?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
American Indian or Native Alaskan	16	2	37	3	0	0	54	2.5	
Asian or Asian American	29	4	40	3	0	0	69	3.2	
Arab/Middle Eastern/North African	2	0	8	1	0	0	10	0.5	
Black or African American	24	4	68	5	0	0	92	4.2	
Hispanic or Latino/a	41	6	103	7	0	0	147	6.7	
Native Hawaiian Pacific Islander N	2	0	5	0	0	0	7	0.3	
White	549	84	1260	84	0	0	1,831	83.6	
Biracial or Multiracial	11	2	30	2	0	0	43	2.0	
Another Identity	18	3	21	1	0	0	41	1.9	
Valid responses =	all responses and blanks: since multiple responses were possible, more than 100% may be included.								



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 42A. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Mexican, Mexican Am., Chicano	23	56	62	60	0	0	86	58.5
2 Puerto Rican	3	7	10	10	0	0	13	8.8
3 Cuban	0	0	2	2	0	0	3	2.0
4 Another Hispanic, Latino, Spanis	15	37	29	28	0	0	45	30.6
Valid responses =	41	28	103	70	0	0	147	6.6

Invalid responses include no response or multiple responses.

### 42B Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 East Asian	17	59	21	54	0	0	38	55.9
2 Southeast Asian	2	7	8	21	0	0	10	14.7
3 South Asian	9	31	9	23	0	0	18	26.5
4 Other Asian	1	3	1	3	0	0	2	2.9
Valid responses =	29	43	39	57	0	0	68	3.1

Invalid responses include no response or multiple responses.

### 43. How old are you?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 18 - 30	70	11	259	18	0	0	338	15.7
2 30.1 - 40	152	24	350	24	0	0	508	23.5
3 40.1 - 50	170	26	334	23	0	0	508	23.5
4 50.1 - 60	146	23	352	24	0	0	502	23.3
5 GE 60.1	110	17	189	13	0	0	303	14.0
Valid responses =	648	30	1484	69	0	0	2,159	97.3

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	46.92	47.00	12.87	21	79
Female	44.70	44.00	12.71	21	80
Overall	45.33	45.00	12.83	21	80

### 44. What is your height in feet (') and inches (")?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low-36 inches	0	0	0	0	0	0	0	0.0
2 37-48 inches	0	0	0	0	0	0	0	0.0
3 49-60 inches	0	0	65	4	0	0	68	3.2
4 61-72 inches	480	74	1408	95	0	0	1,909	88.5
5 73-84 inches	170	26	7	1	0	0	180	8.3
6 GE 85 inches	0	0	0	0	0	0	0	0.0
Valid responses =	650	30	1480	69	0	0	2,157	97.2

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	70.68	71.00	2.86	63	79
Female	65.11	65.00	2.78	56	78
Overall	66.82	67.00	3.8	56	79

### 45. What is your weight in pounds?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low - 50 pounds	0	0	1	0	0	0	1	0.0
2 51-100 pounds	0	0	7	1	0	0	7	0.3
3 101-150 pounds	60	9	617	42	0	0	683	32.0
4 151-200 pounds	320	50	585	40	0	0	918	43.1
5 201-250 pounds	194	30	178	12	0	0	376	17.6
6 251-300 pounds	56	9	60	4	0	0	118	5.5
7 301-350 pounds	13	2	7	1	0	0	21	1.0
8 351-400 pounds	3	1	2	0	0	0	6	0.3
9 401-450 pounds	0	0	2	0	0	0	2	0.1
10 GE 451 pounds	0	0	0	0	0	0	0	0.0
Valid responses =	646	30	1459	68	0	0	2,132	96.1

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	201.13	190.00	42.87	125	385
Female	168.26	160.00	42.28	50	435
Total	178.60	172.00	45.32	50	435

### 46. What sex were you assigned at birth?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	1507	100	0	0	1,521	69.5
2 Male	655	100	0	0	0	0	669	30.5
3 Intersex	0	0	0	0	0	0	0	0.0
Valid responses =	655	30	1507	69	0	0	2,190	98.7

Invalid responses include no response or multiple responses.

### 47. Do you identify as transgender?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	655	100	1507	100	0	0	2,175	99.3
2 Yes	0	0	0	0	0	0	15	0.7
Valid responses =	655	30	1507	69	0	0	2,190	98.7

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 48. Which term do you use to describe your gender identity?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Woman	0	0	1507	100	0	0	1,511	69.0	
2 Man	655	100	0	0	0	0	659	30.1	
3 Trans woman	0	0	0	0	0	0	0	0.0	
4 Trans man	0	0	0	0	0	0	1	0.0	
5 Genderqueer	0	0	0	0	0	0	4	0.2	
6 Agender	0	0	0	0	0	0	0	0.0	
7 Genderfluid	0	0	0	0	0	0	3	0.1	
8 Intersex	0	0	0	0	0	0	0	0.0	
9 Nonbinary	0	0	0	0	0	0	4	0.2	
10 Another identity	0	0	0	0	0	0	8	0.4	
Valid responses =	655	30	1507	69	0	0	2,190	98.7	

Invalid responses include no response or multiple responses.

### RSEX. Sex based on pattern of 46, 47 and 48.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Female	0	0	1507	100	0	0	1,507	68.8	
2 Male	655	100	0	0	0	0	655	29.9	
2 Non-binary	0	0	0	0	0	0	28	1.3	
Valid responses =	655	30	1507	69	0	0	2,190	98.7	

Invalid responses include no response or multiple responses.

### 49. What term best describes your sexual orientation?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Straight/Heterosexual	598	91.6	1377	92	0	0	1987	91.2	
2 Bisexual	9	1.4	59	3.9	0	0	71	3.3	
3 Gay	42	6.4	3	0.2	0	0	47	2.2	
4 Lesbian	0	0	35	2.3	0	0	35	1.6	
5 Pansexual	1	0.2	6	0.4	0	0	9	0.4	
6 Queer	1	0.2	7	0.5	0	0	13	0.6	
7 Questioning	2	0.3	6	0.4	0	0	9	0.4	
8 Another identity	0	0	2	0.1	0	0	5	0.2	
9 Asexual	0	0	2	0.1	0	0	2	0.1	
Valid responses =	653	100	1497	100	0	0	2178	98.2	

Invalid responses include no response or multiple responses.

### 50. Relationship status:

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Single, never married	87	13	255	17	0	0	347	15.9	
2 Single, divorced	53	8	151	10	0	0	206	9.5	
3 Separated	5	1	15	1	0	0	20	0.9	
4 Engaged	18	3	39	3	0	0	57	2.6	
5 Married	474	73	967	65	0	0	1,462	67.1	
6 Widowed	5	1	27	2	0	0	32	1.5	
7 Other	11	2	43	3	0	0	54	2.5	
Valid responses =	653	30	1497	69	0	0	2,178	98.2	

Invalid responses include no response or multiple responses.

### 51. Highest level of education:

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Grades 1-8	0	0	0	0	0	0	0	0.0	
2 Grades 9-11	2	0	0	0	0	0	2	0.1	
3 High school grad or GED	13	2	16	1	0	0	30	1.4	
4 Some college (no degree)	48	7	95	6	0	0	148	6.8	
5 Trade/technical/vocational	7	1	25	2	0	0	32	1.5	
6 Associate's degree	16	3	58	4	0	0	74	3.4	
7 Bachelor's degree	151	23	448	30	0	0	604	27.6	
8 Master's degree	203	31	527	35	0	0	737	33.7	
9 Doctoral Degree	197	30	311	21	0	0	518	23.7	
10 Professional Degree	16	3	24	2	0	0	40	1.8	
Valid responses =	653	30	1504	69	0	0	2,185	98.5	

Invalid responses include no response or multiple responses.

### 52A. The food that I bought just didn't last, and I didn't have money to get more.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Often true	9	1	27	2	0	0	41	1.9	
2 Sometimes true	50	8	154	10	0	0	207	9.5	
3 Never true	595	91	1319	88	0	0	1,934	88.6	
Valid responses =	654	30	1500	69	0	0	2,182	98.4	

Invalid responses include no response or multiple responses.

### 52B. I couldn't afford to eat balanced meals.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Often true	18	3	44	3	0	0	68	3.1	
2 Sometimes true	57	9	171	11	0	0	231	10.6	
3 Never true	577	89	1280	86	0	0	1,876	86.3	
Valid responses =	652	30	1495	69	0	0	2,175	98.1	

Invalid responses include no response or multiple responses.





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January 31, 2020  
FREQUENCY REPORT  
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### 53. In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes, almost every day	6	1	7	1	0	0	18	0.8
2 Yes, some but not every day	21	3	79	5	0	0	101	4.6
3 Only 1 or 2 days	26	4	88	6	0	0	116	5.3
4 No	599	92	1327	88	0	0	1,946	89.2
Valid responses =	652	30	1501	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 54. In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	614	94	1360	91	0	0	1,995	91.6
2 Yes,	38	6	138	9	0	0	183	8.4
Valid responses =	652	30	1498	69	0	0	2,178	98.2

Invalid responses include no response or multiple responses.

### 55. In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	627	96	1423	95	0	0	2,071	95.0
2 Yes,	27	4	76	5	0	0	110	5.0
Valid responses =	654	30	1499	69	0	0	2,181	98.3

Invalid responses include no response or multiple responses.

### 56. Within the past 12 months, to what extent have your values, sense of purpose, faith or spirituality been useful to you?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 To no extent	42	6	61	4	0	0	105	4.8
2 To little extent	52	8	93	6	0	0	149	6.8
3 To some extent	165	25	340	23	0	0	514	23.5
4 To great extent	201	31	560	37	0	0	767	35.1
5 To very great extent	193	30	448	30	0	0	648	29.7
Valid responses =	653	30	1502	69	0	0	2,183	98.4

Invalid responses include no response or multiple responses.

### 57. Are you currently or have you been a member of the Armed Services?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	564	86	1471	98	0	0	2,060	94.3
2 Yes area of hazardous duty	47	7	7	1	0	0	56	2.6
3 Yes not of hazardous duty	43	7	25	2	0	0	69	3.2
Valid responses =	654	30	1503	69	0	0	2,185	98.5

Invalid responses include no response or multiple responses.

### 58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Staff	347	53	973	65	0	0	1,334	61.2
2 Adjunct Faculty	42	6	97	7	0	0	142	6.5
3 Faculty	206	32	336	22	0	0	552	25.3
4 Administration	42	6	76	5	0	0	118	5.4
5 Graduate/professional	4	1	5	0	0	0	10	0.5
6 Other	12	2	12	1	0	0	24	1.1
Valid responses =	653	30	1499	69	0	0	2,180	98.3

Invalid responses include no response or multiple responses.

### 59. Pay type:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hourly	140	21	388	26	0	0	536	24.6
2 Salaried	513	79	1110	74	0	0	1,643	75.4
Valid responses =	653	30	1498	69	0	0	2,179	98.2

Invalid responses include no response or multiple responses.

### 60. What shift do you usually work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Day (1st)	109	79	367	96	0	0	483	91.1
2 Evening (2nd)	18	13	10	3	0	0	28	5.3
3 Night (3rd)	11	8	7	2	0	0	19	3.6
Valid responses =	138	26	384	72	0	0	530	23.9

Invalid responses include no response or multiple responses.

### 61. What is your yearly appointment?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 9 month	186	29	289	20	0	0	485	22.7
2 10 month	18	3	76	5	0	0	95	4.5
3 11 month	6	1	13	1	0	0	19	0.9
4 12 month	428	67	1090	74	0	0	1,533	71.9
Valid responses =	638	30	1468	69	0	0	2,132	96.1

Invalid responses include no response or multiple responses.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2019

American College Health Association  
8455 Colesville Rd., Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

January 31, 2020  
FREQUENCY REPORT  
Number of Surveys (n) =

2218 Web Surveys

### 62. Employment status:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Part-time without benefits	51	8	113	8	0	0	170	7.8
2 Part-time with benefits	8	1	30	2	0	0	38	1.7
3 Full-time without benefits	8	1	13	1	0	0	21	1.0
4 Full-time with benefits	587	90	1345	90	0	0	1,954	89.5
Valid responses =	654	30	1501	69	0	0	2,183	98.4

Invalid responses include no response or multiple responses.

### 63. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Employed college/university	651	100	1498	100	0	0	2,177	99.7
2 Employed outsourced group	2	0	4	0	0	0	6	0.3
Valid responses =	653	30	1502	69	0	0	2,183	98.4

Invalid responses include no response or multiple responses.

### 64. Do you have health insurance?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13	2	22	2	0	0	37	1.7
2 Yes	640	98	1485	99	0	0	2,151	98.3
3 I don't know	0	0	0	0	0	0	0	0.0
Valid responses =	653	30	1507	69	0	0	2,188	98.6

Invalid responses include no response or multiple responses.

### 65. Years of employment at this institution or outsourced group at this institution:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 <=5	331	51	814	54	0	0	1,162	53.4
2 6-10	140	22	292	20	0	0	435	20.0
3 11-15	87	13	176	12	0	0	268	12.3
4 16-20	44	7	85	6	0	0	130	6.0
5 21-25	23	4	61	4	0	0	84	3.9
6 26-30	12	2	39	3	0	0	52	2.4
7 31-35	8	1	24	2	0	0	33	1.5
8 36-40	3	1	5	0	0	0	8	0.4
9 More than 40 years	4	1	2	0	0	0	6	0.3
Valid responses =	652	30	1498	69	0	0	2,178	98.2

Invalid responses include no response or multiple responses.

### 66. Are you a member of an employment union?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	630	97	1459	97	0	0	2,116	97.1
2 Yes	22	3	42	3	0	0	64	2.9
Valid responses =	652	30	1501	69	0	0	2,180	98.3

Invalid responses include no response or multiple responses.